Perform First Aid for ***HEAT INJURIES***

TSP No. 081-N-1008

SIGNS AND SYMPTOMS OF HEAT CRAMPS

- MUSCLE CRAMPS OF THE ARMS, LEG OR ABDOMEN.
- EXCESSIVE SWEATING.
- EXTREME THIRST.

TSP No. 081-N-1008

HEAT CRAMP TREATMENT

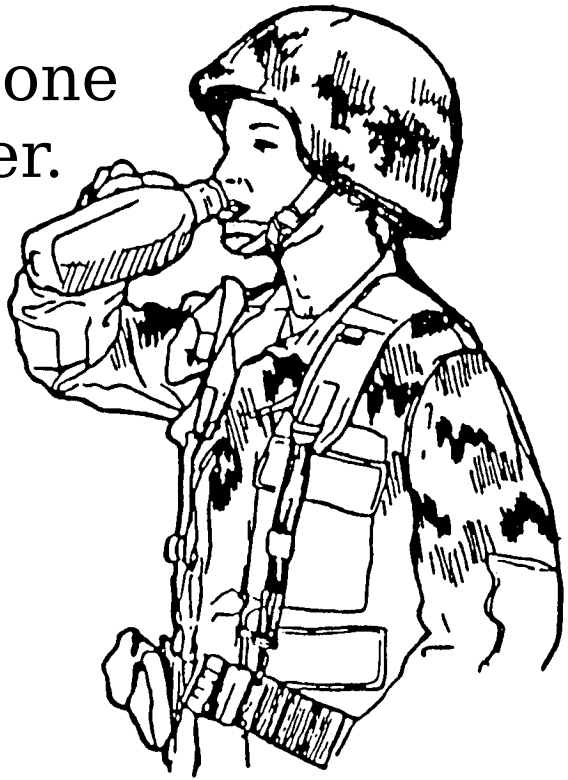
Move casualty to cool area.

Loosen casualty’s clothing.

TSP No. 081-N-1008

HEAT CRAMP TREATMENT

SLOWLY drink one canteen of water.



Notify medical personnel.

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SIGNS AND SYMPTOMS OF HEAT EXHAUSTION

OCCUR SOMETIMES

- Heat cramps.
- Nausea.
- Urge to defecate.
- Chills.
- Rapid breathing.
- Tingling hands and feet.
- Confusion.

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SIGNS AND SYMPTOMS OF HEAT EXHAUSTION

OCCUR OFTEN

- Profuse sweating.
- Headache.
- Weakness.
- Dizziness.
- Loss of appetite.

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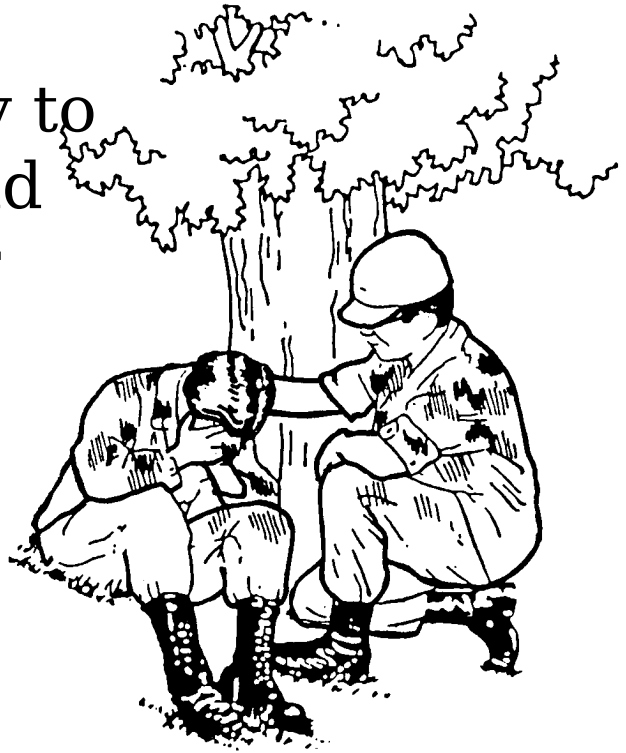
HEAT EXHAUSTION TREATMENT

Move casualty to a cool area and loosen his/her clothing.



Pour water on casualty and fan him/her.

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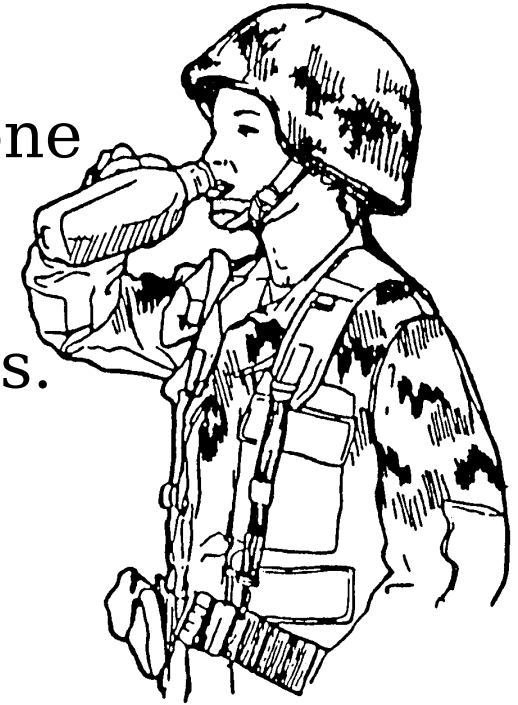
HEAT EXHAUSTION TREATMENT

- Have the casualty drink one canteen of water.
- Elevate the casualty's legs.
- Monitor the casualty and notify medical personnel.



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SIGNS AND SYMPTOMS OF HEATSTROKE

- Skin red, hot, and dry.
- Headache.
- Dizziness.
- Nausea.
- Confusion.
- Weakness.
- Loss of consciousness.
- Seizures.
- Pulse and respiration rapid and wea

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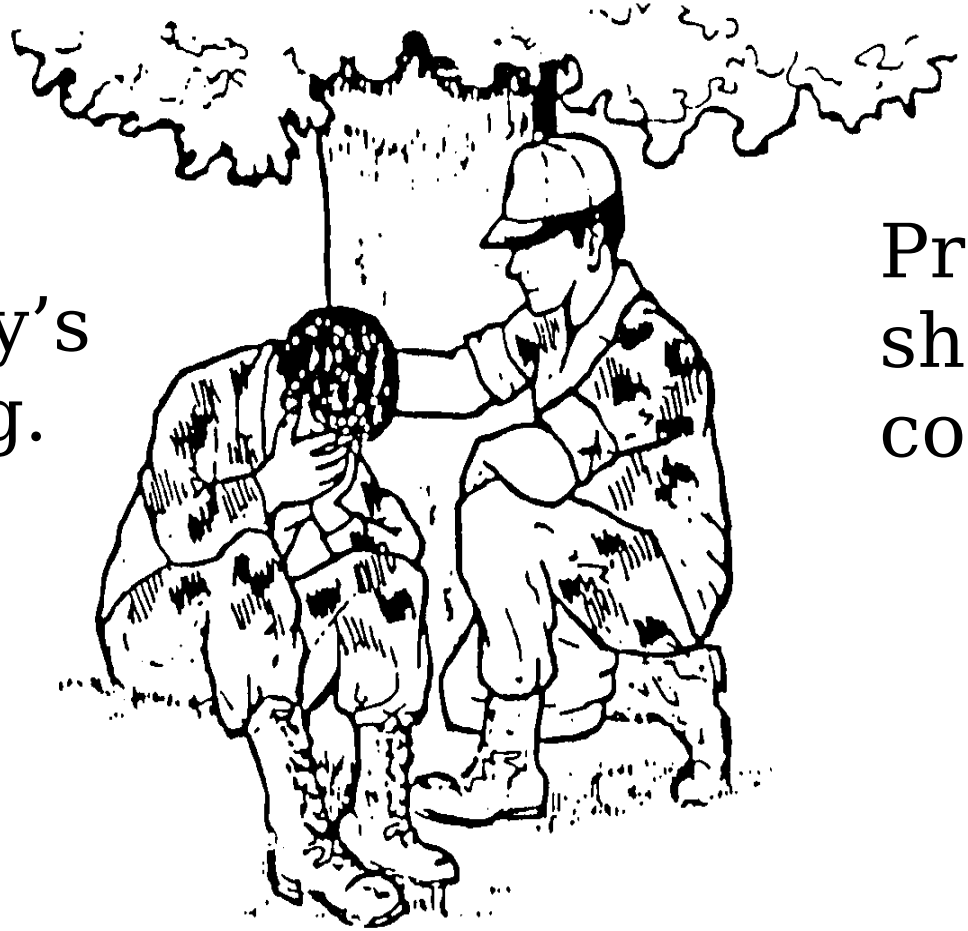
HEATSTROKE TREATMENT

Loosen casualty's clothing.



Provide a shaded, cool area.

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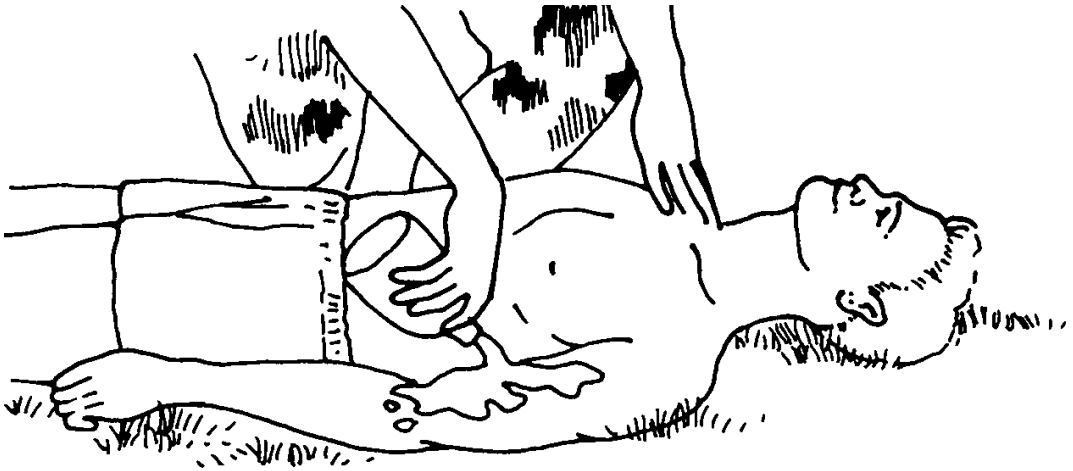
HEATSTROKE TREATMENT

Pour cool water over casualty.



Elevate the casualty’s legs.

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HEATSTROKE TREATMENT

Have the casualty slowly drink one canteen of cool water.

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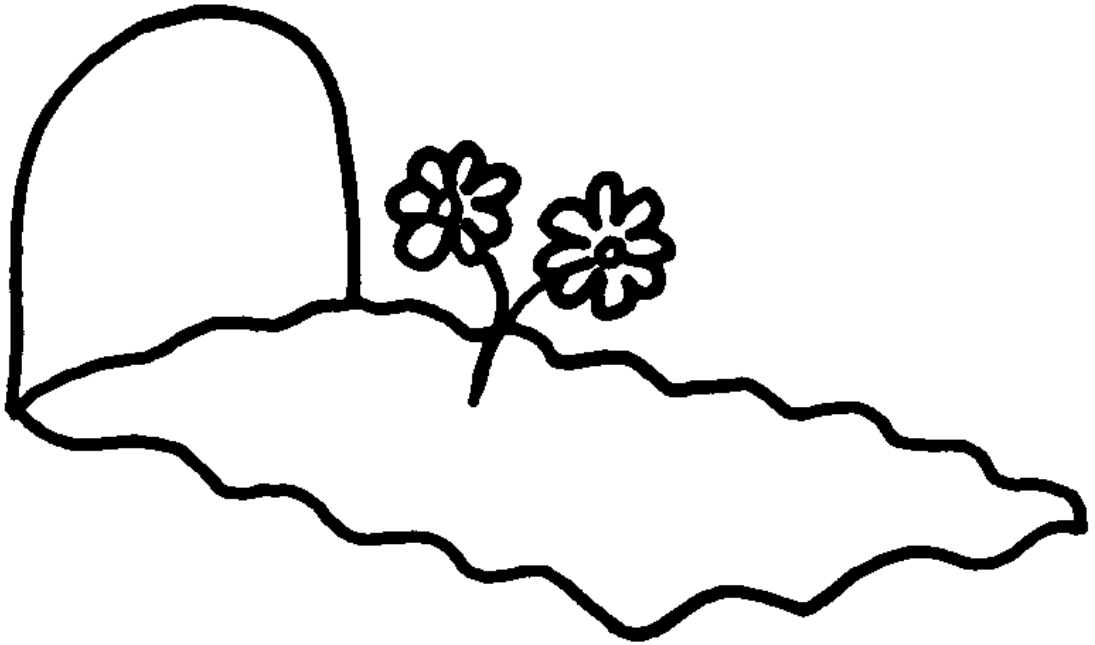
HEATSTROKE TREATMENT

Heat stroke is a medical emergency_
which may result in *death.*



Notify medical personnel and evacuate A

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